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September 15, 2003

Food and Drug Administration
Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
200 C Street, SW
Washington, DC 20204

Dear Sirs:

Notice is hereby given pursuant to the requirements of section 403(r)(6) (21 U.S.C. 343(r)(6)) of the Federal Food, Drug, and Cosmetic Act and in accordance with the requirements of 21 CFR 101.93, that Lidtke Technologies Corp., 4665 S. Ash Ave., Suite G-13, Tempe, AZ 85282 has commenced marketing a dietary supplement bearing the following statements on the label and/or in the labeling:

(text of claim on the product label)"Cleanse & Build, For Liver, Immune, Blood & Muscular Support

(text of claim on the product information sheet)"Your Liver is the General

A routine part of my clinical practice is to refresh my basic understanding and research new therapies for conditions my patients present in the examination room. My patients expect it, and particularly in the field of nutrition, a lot can change in a short time.

Time and again, this research brings me back to liver dysfunction, and I am amazed by the complexity, yet sublime biochemical harmony of the liver. In Chinese medicine, the liver is the "General," commanding and controlling the body as a general would control his troops. This is little exaggeration when you witness in patients how broadly and deeply their overall attitudes, moods, and health are affected by the liver.

It's a fact that cleaning and supporting your blood and liver are among the most important principles for restoring your health. Your liver is a biochemical processing plant, as we all know, creating enzymes, hormones and other key molecules critical for survival. Just as critically, though, without the liver to remove environmental and dietary poisons, they would reach toxic levels within hours.

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Can My Liver Regenerate Itself?

To underscore the survival value of your liver, unlike any other organ in your body, your liver can regenerate itself. If you were to lose even half of your liver, this amazing vital

organ would regenerate itself to full capacity within weeks. This is one part of your body that, without question, can and does rebuild and regenerate itself everyday. With good diet, avoidance of toxic overload, and supplements targeting their blood and liver, patients can eliminate a huge array of health conditions.

In working with patients, we have also found a connection between poor liver function and poor muscle development. It is a fact that nutrients play multiple functions in your body, and in a remarkable way nutrients that help restore your liver also help in the release of growth hormone—a surprising double benefit critical to those suffering from poor liver function and muscle wastage.

Again, good diet is basic to liver health, but so often poor diet and localized or systemic infections can lead to a fat-clogged, toxic, and inefficient liver. When this occurs, not only do toxins spill out into your blood, but nutrients are not pre-formed by the liver for use in your cells. Hence, poor musculature goes hand-in-hand with poor liver function.

How Can I Eliminate Neurotoxic Ammonia?

Both L-Arginine and L-Ornithine (from OKG) are components of your liver's urea cycle and work by converting ammonia (NH₃) into urea. In this way, the urea cycle eliminates 80% of the excess ammonia from your blood. Where does ammonia come from? From the continual breakdown and burning of protein for energy! Not only is the protein in your food broken down and burned, but your muscle protein is continually repaired and replaced and burned for energy as well. All this results in excess nitrogen being eliminated through your urine ... but only as long as your liver is working well.

It's a remarkable fact that these same amino acids, L-Arginine, L-Ornithine, and with the addition of L-Lysine, all stimulate the release of growth hormone, as proven by clinical studies. After a few months, patients who use prudent levels of growth-hormone releasers may notice a reduction of body fat and an increase in muscle. Muscle growth, of course, depends on the absorption of nutrients, and one of the best promoters of nutrient absorption is silica, as found naturally in the herb known as "horsetail." For more than one-hundred and fifty years, homeopathic physicians have recommended silica when food is poorly absorbed. For reasons that are unclear, the natural, herbal Horsetail extract seems to work especially well.

Order Cleanse & Build from Lidtke Technologies

Each two-piece capsule contains a synergistic blend of ingredients to improve liver function, rebuild worn-out liver cells build muscle and clear the blood of neurotoxic ammonia. Order Cleanse & Build from Lidtke Technologies and you will receive a clinically tested product that is our most advanced and targeted formulation. If you have questions, call Lidtke Technologies. We'll put you in touch with a knowledgeable physician who can answer them.

(text of claim on the product information sheet) "Need a good liver cleanse?"

Cleanse & Build

From the people who care enough to do it right!

Biochemically, the liver is the most important organ in your body!

Cleanse & Build is a targeted formulation to:

- Cleanse the liver
- Rebuild exhausted liver cells
- Remove neurotoxic ammonia
- Build muscle
- Reduce body fat"

Joint-EZ (name of supplement)

Lidtko Technologies Corp. (brand name)

The undersigned certifies that the information contained in this notice is complete and accurate and that Lidtko Technologies Corp. has substantiation that the statement is truthful and not misleading.

Yours truly,

A handwritten signature in black ink, appearing to read "Ronald Sturtz", with a stylized flourish at the end.

Ronald G. Sturtz
President